SOUTH CAROLINA

CROSS COUNTRY

SOCIAL MEDIA

@GamecockXC

USC OPEN #2
Hilton Field at Fort Jackson
Columbia, S.C
Wed., Oct. 8, 2014
Women's : 6 p.m.
Men's: 6:30 p.m.

South Carolina hosts its final home meet of the season on Wed., Oct. 8, at Hilton Field on Fort Jackson. The meet features a two-mile race rather than the usual 5K that has been run at previous home meets. The women start at 6 p.m., with the men's race to follow at 6:30.

Competing with the Gamecocks in the women's race are Benedict, Charleston Southern, Claflin, Morris, Paine, Savannah State and Vorhees. The men's race will consist of Benedict, Charleston Southern, Claflin, Paine, Savannah State and Vorhees. Results will be posted on GamecocksOnline.com following the evening's events.

Admission to Wednesday's meet is free, and all fans entering Fort Jackson must show a photo ID, proof of car insurance and vehicle registration.

RESETTING PERSONAL RECORDS
On Oct. 4, South Carolina sent 12 athletes to the 41st Annual Paul Short Invitational in Bethlehem, Pa., with 10 of them returning home with a new personal record in the 6K. The Gold 6K featured more than 20 teams that were ranked in the Top 15 of their region, including three Top 15 teams nationally and the University of Guelph of Ontario, which won the competition.

CHASING HISTORY
For the third consecutive meet this season, Anna Todd led the Gamecocks as the junior ran the fifth-fastest time in school history at 21:02. Her time is just over 21 seconds shy of teammate Kayla Lampe's school record, which was set in 2012. Only three Carolina runners have posted a faster time than Todd, with each earning All-SEC honors at one point during their careers.

Rank	Team	Previous
1	Michigan (8)	1
2	Michigan State (3)	2
3	Oregon (1)	3
4	Georgetown	5
5	Arkansas	7
6	Stanford	4
7	Colorado	8
8	Iowa State	9
9	Florida State	6
10	Virginia	10
11	New Mexico	12
12	Syracuse	11
13	North Carolina	14
14	Washington	15
15	Wisconsin	16
16	Boise State	17
17	Boston College	18
18	Oklahoma State	19
19	William and Mary	22
20	West Virginia	23
21	Villanova	13
22	Baylor	24
23	Providence	20
24	Dartmouth	21
25	Arizona State	25
26	Minnesota	26
27	Vanderbilt	27
28	Notre Dame	NR
29	NC State	RV
30	BYU	RV

Others Receiving Votes: UCLA 21, Virginia Tech 17, Iona 12, Northern Arizona 11, Penn State 11, Butler 7, Ohio State 2, Portland 2, New Hampshire 1

Dropped Out: No. 28 Virginia Tech, No. 29 Butler, No. 30 Penn State

SUCCESSFUL START

With South Carolina's win on Sept. 26 at the Charlotte Invitational, the Gamecocks won their third-straight meet for the first time during the 2000s.

TWICE IS NICE

With her individual win at the Charlotte Invitational, Todd grabbed her second win in as many meets after sitting out South Carolina's first meet of the season. In the process of the win, Todd set a then-personal best in the 6K with a time of 21:58.9, more than 21 seconds faster than her previous best from 2013.

EXPERIENCE RISING TO THE TOP

With 15 freshman, 13 being true freshmen, on this year's roster, several of the team's most experienced runners have been stepping up this season. Todd and fellow junior Stephanie Berger have accounted for the team's three individual wins. The two, along with junior Christine Kent and sophomore Mary Reiser did not finish outside of the top eight in any of Carolina's first three meets of the season.

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Although Carolina has won its opening two meets several times since 2000, one thing the team has not done until this season is score a perfect 15 points in each of its opening wins.

SEEING GARNET IN THE FRONT

In its opening two meets, South Carolina runners have continuously finished one after another. At the Gamecock Invitational, Carolina went 1-9 and placed 13 runners in the top 15. Two weeks later, at the USC Open #1, the Gamecocks had 17 racers finish in the top 20.

BERGER GETS FIRST WIN

At the opening meet of the season, the Carolina Invitational, Berger earned the first win of her Gamecock career. The West Salem, Ohio, native clocked in at 19:00.65 (5K), to lead a pack of eight Gamecocks, as Carolina finished 1-9.

STARTING FAST

The win at the Carolina Invitational marked the third time in the last four years that South Carolina claimed a win in its season-opening meet.

FRESHMEN STEPPING UP

Of the eight freshmen that competed for the Gamecocks in the opening meet, six being true freshmen, all eight finished in the top 15. True freshman Allie Sprague was the top finisher of the group, claiming second with a time of 19:14.26.

Two weeks later, the Gamecocks again placed eight freshmen in the top 15, with seven being true freshmen. Hannah Giangaspro led the group with a third-place finish with a time of 18:50.46.

She was one of four runners with a sub-19-minute time.

Coach Allden has considered this year's freshman class "top-to-bottom to be one of the strongest recruiting classes [the program] has had." Leading the group of 13 are Florida natives Giangaspro, a top 3200-meter runner in the state, and Harding, who posted a Top 30 nationally in the 1600 meters in 2013. Outside of Florida, the freshman class hails from the Carolinas, the Mid-Atlantic region and Illinois.

REISER LEADING THE WAY

Reiser is the team's top returner, after becoming the third freshman from South Carolina to be named to the conference's All-Freshman Team in the last six years, as she placed 33rd at the SEC Championships in 2013. Reiser set the fifth-fastest 5K time in school history at the Royal Cross Country Challenge at 17:39.0 and finished in the top 30 at the NCAA Southeast Regional.

SEC PRESEASON WATCH LIST

Joining Reiser on this year's SEC Cross Country Preseason Watch List was Lampe, who did not compete during the 2013 season due to injury, but returned to compete this season at the Paul Short Invitational, posting a 6K time of 22:24. The redshirt junior garnered SEC All-Freshman Team honors in 2012 and Second-Team All-SEC accolades with a 13th-place showing at the SEC Championships (21:02.30). Later that season, she earned All-Southeast Region honors, finishing eighth with a time of 20:40.43, which is the fastest 6K time in South Carolina history.

RETURNING EXPERIENCE

Despite losing their top runner from a season ago, the Gamecocks return their next six runners in Reiser (sophomore), Todd (junior), Berger (junior), Kent (junior), Martha McCoy (sophomore), along with the possibility of Lampe (junior).

YOUTH MOVEMENT

With 27 athletes on the 2014 roster, the Gamecocks have 13 new faces on the team this fall that mix in with six others who joined the program last year, meaning 70 percent of the team has only been at South Carolina for a year or less.

LEARNING FROM EXPERIENCE

The Gamecocks are led by second-year coach Andrew Allden as assistant track coach in charge of distance and cross country, who reunited last year with head track and field coach Curtis Frye after 12 years away from Columbia. Allden brings 28 years of coaching experience to the Gamecocks in regards to training.

UP NEXT

The Gamecocks will head to Tuscaloosa, Ala., on Oct. 17, for the Crimson Classic. The meet will be run on the site of this year's SEC Championship, which will take place on Oct. 31. The race will be a 5K, rather than a 6K, which will be run at the championships.

DIRECTIONS AND INFORMATION: Fans wanting to come to the free event must have a government-issued photo I.D. for all attending plus proof of car insurance and vehicle registration for the driver to get on the base. The best entrance for fans to enter is the main gate, Gate 2, which enters Fort Jackson from Forest Drive (Exit 12 on Interstate 77). After passing through security in the far-right lane, go one mile on Strom Thurmond Drive before taking a left at the light onto Lee Drive. When the road dead ends, turn right onto Hampton Parkway. The cross country course will be a half mile ahead on the right.

Name	Class	Hometown (High School)
Stephanie Berger	Jr.	West Salem, Ohio (Northwestern)
Sequoia Brown	Fr.	Greenville, S.C. (J.L. Mann)
Sarah Falta	So.	Seneca, S.C. (Seneca)
Hannah Frazier	Fr.	Virginia Beach, Va. (Bishop Sullivan)
Hannah Giangaspro	Fr.	St. Johns, Fla. (Bartram Trail)
Emily Harding	Fr.	Sarasota, Fla. (Sarasota)
Helena Harding	Fr.	Roanoke, Va. (Hidden Valley)
Meri Heneage	R-Fr.	Lexington, S.C. (Lexington)
Kaleigh Higgins	Jr.	Niskayuna, N.Y. (Niskayuna)
Ashley Hrubala	Fr.	Roebuck, S.C. (Dorman)
Christine Kent	Jr.	San Diego, Calif. (Cathedral)
Jill Lampe	R-Fr.	Downingtown, Pa. (Bishop Shanahan)
Kayla Lampe	R-Jr.	Downingtown, Pa. (Bishop Shanahan)
Martha McCoy	So.	Johnson City, Tenn. (Science Hill)
Anna McElrath	Fr.	Charlotte, N.C. (Independence)
Ashley Miller	R-So.	North Myrtle Beach, S.C. (North Myrtle Beach)
Melanie Ng	So.	Winterville, N.C. (Arendell Patriot Academy)
Caitlin Potter	Fr.	Lincolnton, N.C. (North Lincoln)
Mary Reiser	So.	Annapolis, Md. (St. Mary's)
Regina Schreiber	Fr.	Gaithersburg, Md. (Quince Orchard)
Allie Sprague	Fr.	Marengo, Ill. (Marengo Community)
Sarah Taylor	Fr.	Chester Springs, Pa. (Owen J. Roberts)
Anna Todd	Jr.	Spartanburg, S.C. (Spartanburg)
Kaylee Wessel	Fr.	St. Charles, Ill. (St. Charles North)
Allie Whitley	Jr.	Denver, N.C. (East Lincoln)
Brandy Wybersky	Jr.	Manassas, Va. (Osbourn Park)
Monica York	Fr.	DeKalb, Ill. (DeKalb)

Coaches

Head Track & Field Coach - Curtis Frye (18th year)

Assistant Track & Field Coach for Distance/Cross Country - Andrew Allden (2nd year)

2014 SOUTH CAROLINA
CROSS COUNTRY PROGRESSIONS

Stephanie Berger • Jr. • West Salem, Ohio

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	1st	19:00.65
9/13	USC Open #1	5K	4th	18:56.52
9/26	Charlotte Invitational	6K	8th	22:36.5
10/4	Paul Short Invitational (Gold)	6K	121st	21:54

Sequoia Brown • Fr. • Greenville, S.C.

Date	Meet	Dis.	Finish	Time

Sarah Falta • So. • Seneca, S.C.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	5th	19:33.42
9/26	Charlotte Invitational	6K	41st	23:56.3

Hannah Frazier • Fr. • Virginia Beach, Va.

Date	Meet	Dis.	Finish	Time

Hannah Giangaspro • Fr. • St. Johns, Fla.

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	3rd	18:50.46
9/26	Charlotte Invitational	6K	18th	23:03.0
10/4	Paul Short Invitational (Gold)	6K	201st	22:29

Emily Harding • Fr. • Sarasota, Fla.

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	6th	19:03.27
9/26	Charlotte Invitational	6K	17th	23:00.9
10/4	Paul Short Invitational (Gold)	6K	218th	22:37

Helena Harding • Fr. • Roanoke, Va.

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	20th	20:21.88
9/26	Charlotte Invitational	6K	50th	24:11.9

Meri Heneage • R-Fr. • Lexington, S.C.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	9th	19:50.77
9/13	USC Open #1	5K	7th	19:11.04
9/26	Charlotte Invitational	6K	38th	23:47.1
10/4	Paul Short Invitational (Gold)	6K	185th	22:29

Kaleigh Higgins • Jr. • Niskayuna, N.Y.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	28th	21:26.67
9/13	USC Open #1	5K	24th	21:05.15

Ashley Hrubala • Fr. • Roebuck, S.C.

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	25th	21:39.16

Christine Kent • Jr. • San Diego, Calif.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	3rd	19:17.77
9/13	USC Open #1	5K	5th	19:01.95
9/26	Charlotte Invitational	6K	6th	22:30.7
10/4	Paul Short Invitational (Gold)	6K	165th	22:14

Jill Lampe • R-Fr • Downington, Pa.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	8th	19:48.65

Kayla Lampe • R-Jr. • Downington, Pa.

Date	Meet	Dis.	Finish	Time
10/4	Paul Short Invitational (Open)	6K	34th	22:24

Martha McCoy • So. • Johnson City, Tenn.

Date	Meet	Dis.	Finish	Time

Anna McElrath • Fr. • Charlotte, N.C.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	11th	19:55.07
9/13	USC Open #1	5K	14th	19:46.99
9/26	Charlotte Invitational	6K	48th	24:09.3

Ashley Miller • Jr. • North Myrtle Beach, S.C.

Date	Meet	Dis.	Finish	Time
9/26	Charlotte Invitational	6K	20th	23:07.4
10/4	Paul Short Invitational (Gold)	6K	247th	22:50

Melanie Ng • So. • Winterville, N.C.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	4th	19:27.29
9/13	USC Open #1	5K	10th	19:34.72
9/26	Charlotte Invitational	6K	45th	24:02.0

Caitlin Potter • Fr. • Lincolnton, N.C.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	6th	19:45.33
9/13	USC Open #1	5K	19th	20:11.81
9/26	Charlotte Invitational	6K	33rd	23:35.0
10/4	Paul Short Invitational (Gold)	6K	276th	23:11

Mary Reiser • So. • Annapolis, Md.

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	2nd	18:37.54
9/26	Charlotte Invitational	6K	5th	22:29.5
10/4	Paul Short Invitational (Gold)	6K	110th	21:47

Regina Schreiber • Fr. • Gaithersburg, Md.

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	8th	19:25.39
9/26	Charlotte Invitational	6K	44th	23:59.1

Allie Sprague • Fr. • Marengo, Ill.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	2nd	19:14.26
9/26	Charlotte Invitational	6K	43rd	23:57.5
10/4	Paul Short Invitational (Gold)	6K	217th	22:37

Sarah Taylor • Fr. • Chester Springs, Pa.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	15th	20:17.49
9/13	USC Open #1	5K	12th	19:40.43
9/26	Charlotte Invitational	6K	51st	24:12.5

Anna Todd • Jr. • Spartanburg, S.C.

Date	Meet	Dis.	Finish	Time
9/13	USC Open #1	5K	1st	18:32.11
9/26	Charlotte Invitational	6K	1st	21:58.9
10/4	Paul Short Invitational (Gold)	6K	35th	21:02

Kaylee Wessel • Fr. • St. Charles, Ill.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	7th	19:39.56
9/13	USC Open #1	5K	12th	19:40.43
9/26	Charlotte Invitational	6K	57th	24:30.9

Allie Whitley • Jr. • Stanley, N.C.

Date	Meet	Dis.	Finish	Time
9/26	Charlotte Invitational	6K	46th	24:03.3

Brandy Wybersky • Jr. • Manassas, Va.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	13th	20:05.97
9/13	USC Open #1	5K	17th	20:04.47
9/26	Charlotte Invitational	6K	59th	24:48.6

Monica York • Fr. • DeKalb, Ill.

Date	Meet	Dis.	Finish	Time
8/30	Carolina Invitational	5K	14th	20:12.82
9/13	USC Open #1	5K	16th	19:59.62
9/26	Charlotte Invitational	6K	32nd	23:33.5
10/4	Paul Short Invitational (Open)	6K	54th	22:46